JUNIOR LITTLE ATHLETICS
4:15-5:45PM

## ROTATION WEEK 1 EVENTS

** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.

| EVENT | SPRINTS | LONG JUMP | DISCUS | RACE SKILLS | HIGH JUMP | MIDDLE DISTANCE | SHOT PUT | HURDLES |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Location | Sprint track | ${ }_{\text {Jump pit }}^{\text {Ling }}$ | Discus ring | $\begin{gathered} 200 \mathrm{~m} \text { start } \\ \text { on Centre } \\ \text { track } \\ \hline \end{gathered}$ | ${ }_{\text {High }}^{\text {High }}$ |  | Shot Put ring | Hurdes track |
| $\begin{gathered} 1 \\ 4: 20 \\ \text { Warm-up } \\ \text { included } \end{gathered}$ | U6G | U6B | U7G | U7B | U8G | U8B | U9G | U9B |
| $\begin{gathered} 2 \\ 4: 50 \end{gathered}$ | U9B | U6G | U6B | U7G | U7B | U8G | U8B | U9G |
| $\begin{gathered} 3 \\ 5: 15 \end{gathered}$ | U9G | U9B | U6G | U6B | U7G | U7B | U8G | U8B |

${ }^{* *}$ After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45pm.

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## ROTATION WEEK 2 EVENTS

** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.

| EVENT | SPRINTS | $\begin{aligned} & \text { ganernage } \\ & \text { LONG } \\ & \text { JUMP } \end{aligned}$ | DISCUS | RACE SKILLS | HIGH JUMP | MIDDLE DISTANCE | SHOT PUT | HURDLES |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Location | Sprint track | $\begin{aligned} & \text { Long } \\ & \text { Jump pit } \end{aligned}$ | Discus ring | $\begin{aligned} & \text { 200m start } \\ & \text { on Centre } \\ & \text { track } \end{aligned}$ | ${ }_{\substack{\text { High } \\ \text { Jump }}}^{\text {Her }}$ | $\underbrace{\substack{\text { a }}}_{\substack{\text { coom start on } \\ \text { Centre track }}}$ | $\begin{aligned} & \text { Shot Put } \\ & \text { ring } \end{aligned}$ | Hurdles track |
| $\begin{gathered} 1 \\ 4: 20 \\ \text { WWarmup } \\ \text { included } \end{gathered}$ | U8B | U9G | U9B | U6G | U6B | U7G | U7B | U8G |
| $\begin{gathered} 2 \\ 4: 50 \end{gathered}$ | U8G | U8B | U9G | U9B | U6G | U6B | U7G | U7B |
| $\begin{gathered} 3 \\ 5: 15 \end{gathered}$ | U7B | U8G | U8B | U9G | U9B | U6G | U6B | U7G |

${ }^{* *}$ After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45-pm.

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4:15-5:45PM

## ROTATION WEEK 3 EVENTS

** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.

| EVENT | SPRINTS | LONG JUMP | DISCUS | RACE SKILLS | HIGH JUMP | MIDDLE DISTANCE | SHOT PUT | HURDLES |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Location | Sprint track | ${ }_{\text {Jump pit }}^{\text {Ling }}$ | Discus ring | $\begin{gathered} 200 \mathrm{~m} \text { start } \\ \text { on Centre } \\ \text { track } \\ \hline \end{gathered}$ | ${ }_{\text {High }}^{\text {High }}$ |  | Shot Put ring | Hurdes track |
| $\begin{gathered} 1 \\ 4: 20 \\ \text { Warm-up } \\ \text { included } \end{gathered}$ | U7G | U7B | U8G | U8B | U9G | U9B | U6G | U6B |
| $\begin{gathered} 2 \\ 4: 50 \end{gathered}$ | U6B | U7G | U7B | U8G | U8B | U9G | U9B | U6G |
| $\begin{gathered} 3 \\ 5: 15 \end{gathered}$ | U6G | U6B | U7G | U7B | U8G | U8B | U9G | U9B |

${ }^{* *}$ After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45pm.

